MISSION TRIP ESSENTIALS
PACKING LIST

MISSION TRIP PACKING LIST
When possible, consider packing all items with the goal to donate worthy items to the locals when you leave. The practical gifts will mean so much to them!

## Supplies
(as requested by leaders)

## Clothes
- Pants (slacks/khakis for services; work pants if applicable)
- Dresses/skirts for ladies (check with local ministry on expectations/customs on this)
- Shirts (dress shirts for services; work shirts if applicable)
- **Light cover up** (packable raincoat, breathable (Dri-Fit type) long-sleeve)
- Underwear
- Socks
- Shoes (multiple types, work shoes, play shoes, dress shoes?)
- **Poncho**
- **Packing Cubes** - travel organizers with laundry bag

## Toiletries
- Your basic, daily needed items like deodorant, soap, shampoo, conditioner, toothbrush, toothpaste, floss, etc.)
- **Leakproof travel bottles set**
- Razor/shaving cream/gel/foam
- Feminine needs
- Comb/Brush

## Medical
- **Travel first aid kit**
- **Bug repellant** - natural
- **Mosquito net**
- Sunscreen
- Vitamins & **Probiotics**
- Prescriptions
- Pain relievers
Practical Travel Gear

- Bible
- Devotional or Journal
- Passport & passport holder with RFID blocking
- Luggage – Hardside Spinner Suitcase or Wheeled Durable Travel Duffel Bag
- $$$ (pack twice as much as you think you need; leave some as donation if you don’t use it all)
- Daypack (pack in checked or carry-on luggage to use during day on site)
- Headlamp or flashlight (we prefer headlamp as it’s very functional when you need to use your hands simultaneously)
- Universal electrical travel adapter (if applicable)
- Travel headphones/earphones for flight
- Travel Pillow, sleep mask & earplugs
- Travel Umbrella
- Luggage Scale
- TSA Approved Cable Luggage Locks

Other